



Schedule 2018

BJJ FUNDAMENTALS

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 AM	FUNDAMENTALS	FUNDAMENTALS	FUNDAMENTALS	FUNDAMENTALS	FUNDAMENTALS
6:15 PM	FUNDAMENTALS		FUNDAMENTALS		FUNDAMENTALS
7:15PM		FUNDAMENTALS		FUNDAMENTALS	

BJJ BEGINNERS

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	BEGINNERS	BEGINNERS	NOGI	BEGINNERS	BEGINNERS		
10:00 AM	BEGINNERS	BEGINNERS	BEGINNERS	BEGINNERS	BEGINNERS	WRESTLING	OPEN MAT
6:15 PM	BEGINNERS		BEGINNERS		BEGINNERS		
7:15 PM	NO GI	BEGINNERS	NO GI	BEGINNERS			

ADVANCED

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 AM	ADVANCED	NOGI PRO TRAINING	ADVANCED	NOGI PRO TRAINING	ADVANCED	OPEN MAT 11-NOON	OPEN MAT 11-NOON
6:15 PM		ADVANCED		ADVANCED			
7:15 PM	NOGI		NOGI		OPEN MAT		

CAPOEIRA/JUDO/MMA

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM	JUDO		JUDO			
6:15 PM	JUDO	CAPOEIRA	JUDO	CAPOEIRA		
6:30 PM					CAPOEIRA	
7:15 PM	MMA	JUDO	MMA	JUDO	MMA	

KIDS CLASS

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30 PM	LITTLE WARRIORS (FUNDEMENTALS)		LITTLE WARRIORS (FUNDEMENTALS)		LITTLE WARRIORS (FUNDEMENTALS)
5:15 PM	BRAZILIAN JIU JITSU (7-12)	CAPOEIRA KIDS (4-12)	BRAZILIAN JIU JITSU (7-12)	CAPOEIRA KIDS (4-12)	BRAZILIAN JIU JITSU (7-12)

FITNESS BOOT CAMP

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 PM	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS
7:15 PM		FITNESS		FITNESS	